Community Contact

Manitoba Aboriginal and Northern Affairs

Winter
2012

For and About Local Government Development

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East Side Road Initiative Ongoing

Year by year the length of all-season roads will be added to, gradually replacing temporary winter roads on the east side of Lake Manitoba.

Manitoba

This Issue

Welcome to the *Community Contact* 2012 winter edition.

Our cover story provides an update on the East Side road development. This project is providing employment and economic stimulus to communities on the east side of Lake Winnipeg while working toward providing all-weather road access to isolated communities previously accessible only by winter road or air. The benefits of this development will be far reaching.

The first phase of provincial capital project policy changes was implemented last July. These policy changes bring tendering requirements for provincial projects into line with government expectations. The policies are being phased in to give the construction sector time to adjust to new requirements that will result in safer workplaces, more tradespeople with better skills and increased participation in both the workforce and the economy by Aboriginal Manitobans.

Career Trek is an outstanding program that bridges the gap between schools and workplaces. The program began in Winnipeg, expanded to Skownan First Nation, then rural Manitoba. Last April it headed north to The Pas. The program opens up the world of work to students and helps them succeed in school. It also brings parents and other family members into the picture to support the students. Sometimes these family members, through involvement in the program, are inspired to return to school themselves. We wish the staff at Career Trek continued success and we hope this is just a first step to further northern expansion for their program.

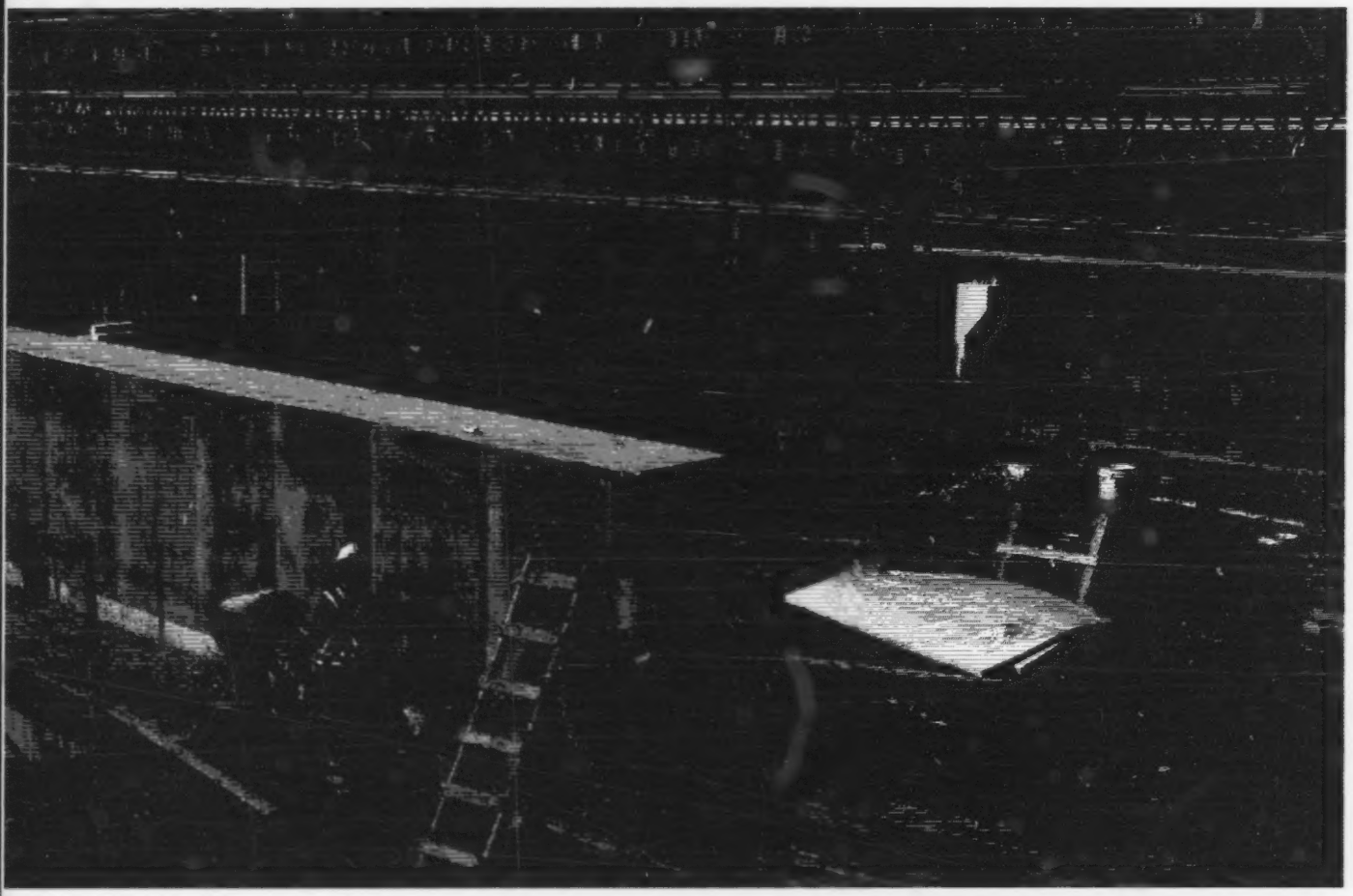
Community gardening makes sense on many levels. It brings community members together socially on a shared project — all ages and abilities welcomed. It stimulates good health with outdoor physical activity and by producing nutritious food. Manitoba's Northern Healthy Foods Initiative has been supporting community gardening all across the north. In the past, we have featured the garden project at Wabowden School, recognized by the David Suzuki Foundation and the United Nations. With this issue, we feature another great garden project run by the Thompson Zoo. If you have photos and a story to tell about garden projects in your community, we'd like to hear about it.

East Side Road
Forward on All

Addressing the challenges resulting from increasingly unreliable northern winter roads, the provincial government is continuing to work in collaboration with communities on the east side of Lake Winnipeg to construct all-season roads serving the region's communities.

Eventually, the East Side Road Authority (ESRA), a Manitoba government agency set up to manage the East Side Transportation Initiative, will construct a 1,000-kilometre, all-season road network in the region. The new all-season roads will replace unreliable, seasonal ice roads and link thirteen remote and

Authority Moves Season Roads



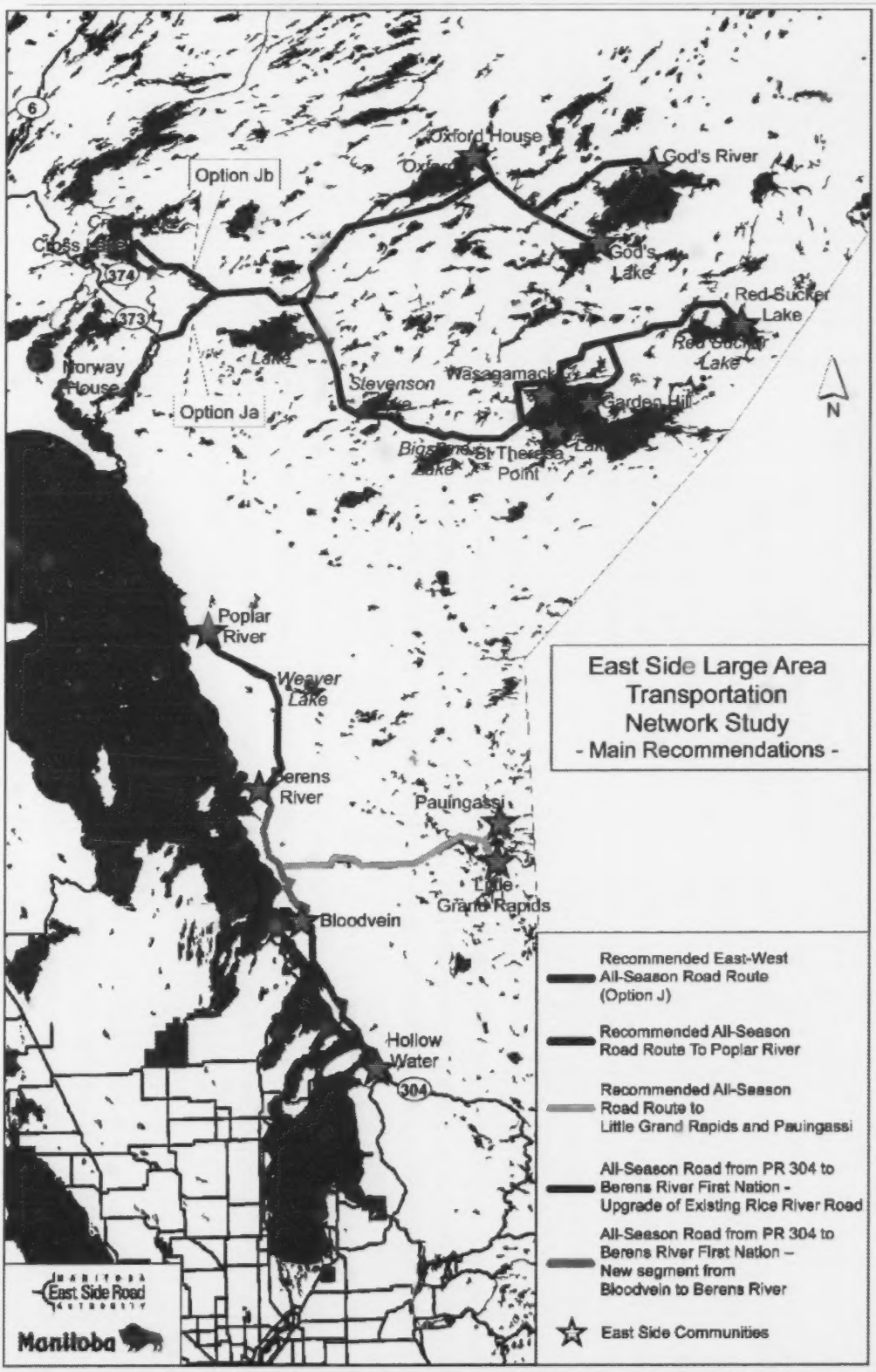
The new Wanipigow River Bridge shown under construction during summer is now complete. It replaces the temporary Acrow steel panel bridge seen behind it. Disassembled, the temporary bridge moves in pieces to where it is needed next.

isolated First Nation communities in the region to Manitoba's provincial road network. As a first step, construction has begun on a 156-kilometre stretch from Provincial Route 304, near Manigotagan, to Berens River. Much of the all-season road will follow current winter road alignments. This means that year by year, as the length of the all-season road increases, the number of kilometres of temporary winter roads the province must build and maintain will decrease.

Construction Update

Already, a new bridge over the Wanipigow River near Manigotagan and seven kilometres of roadway have been completed (km 48 to km 55). Work currently underway includes construction of new bridges over the Loon Creek and Longbody Creek along with five more kilometres of all-season roadway (km 88 to km 93) near Bloodvein. Farther north in the Island

(Continued on page 5)


East Side Large Area
Transportation
Network Study
- Main Recommendations -
Option Jb
Option Ja
Oxford House
God's River
God's Lake
Red Sucker Lake
Norway House
Stevenson
Wasagamack
Garden Hill
St Theresa Point
Poplar River
Weaver Lake
Berens River
Pauingassi
Little Grand Rapids
Bloodvein
Hollow Water
N
Recommended East-West All-Season Road Route (Option J)
Recommended All-Season Road Route To Poplar River
Recommended All-Season Road Route to Little Grand Rapids and Pauingassi
All-Season Road from PR 304 to Berens River First Nation - Upgrade of Existing Rice River Road
All-Season Road from PR 304 to Berens River First Nation – New segment from Bloodvein to Berens River
East Side Communities
Manitoba East Side Road Authority
Manitoba

(East Side continued)

Lake region, work is underway to install three new Acrow panel bridges over the Mainland River, the Stevenson River (Feather Rapids) and the Red Sucker River.

Acrow panel bridges are manufactured by the company of the same name headquartered in Bolton, Ontario. An advantage of using these bridges is that they are prefabricated and shipped by truck in pieces for on-site assembly. Shipping a bridge in pieces means it can be transported to remote sites using existing winter roads and installed before the all-season road links it to the network. Many Acrow panel bridges can also be taken apart and moved to a new site at a later date, if necessary.

Installation of the Mainland River Bridge has begun and planning is underway to move prefabricated bridge parts to the Feather Rapids site along the east-west winter road route during the 2012 winter road season. These improvements, along with a new more northerly winter road route linking Norway House to Island Lake, will provide road access seasons for longer periods than the less reliable southern route can. In addition, ESRA has begun discussions with Red Sucker Lake First Nation to arrange details of installing a new bridge over the Red Sucker River.

Community Economic Development

A key focus of the all-season road project is to make sure local residents participate in and benefit from the project. To achieve this, ESRA engages a First Nation community through a Community Benefit Agreement (CBA) to undertake pre-construction work including gravel crushing, right-of-way clearing and roadway improvement work. To date, ESRA has entered into CBAs worth $49.25 million, with all thirteen east side First Nations. By December 31, 2011, ESRA had invested over $27 million for pre-construction services by local First Nation communities.

Training

CBAs also provide training opportunities for east side residents, giving them knowledge and experience they need to find work on road preparation projects. To date, 150 training opportunities have been provided for the residents of Hollow Water, Bloodvein, Berens River, Wasagamack, Red Sucker Lake and Poplar River First Nations. Residents have received training such as construction labour skills, first aid, chain saw safety and heavy equipment operation. Training will take place in more east side communities as the project proceeds.

Employment

It's a standard practice for ESRA to include local hiring and training requirements in roadway construction contracts. This means that 30 per cent of the total work hours for road construction contracts and 20 per cent of the total work hours for bridge construction contracts must be filled by east side residents. ESRA also plans to add local procurement requirements to roadway construction agreements.

As a result, east side residents, particularly those who live in Hollow Water, Bloodvein, Berens River, Wasagamack and Red Sucker Lake First Nations, as well as in the communities of Aghaming, Loon Straits, Manigotagan, Princess Harbour, Seymourville and Red Sucker Lake, are encouraged to register with ESRA if they are interested in applying for training and jobs.

For more information about training and job potential, please visit the ESRA website at www.eastsideroadauthority.mb.ca or contact ESRA toll free at 1-866-356-6355.

Funding

To date, Manitoba has committed $110 million to the all-season road project. Estimates say the project may cost around $3 billion and take thirty years to complete. Discussions are underway to secure federal funding. With federal participation, the project could be accelerated and completed much sooner. Building all-weather roads to connect remote communities on the east side of Lake Winnipeg ranks among the most important social and economic initiatives undertaken in Manitoba in many decades.

Capital Projects Policies N

New policies have potential to boos

Over the past year, Manitoba has moved ahead with three new policies that will employ the province's capital project investments strategically to help expand the skills of the provincial workforce and help ensure compliance with safety requirements on publicly funded projects.

Applying the policies during the process of calling for tenders on government capital projects will assure that contractors provide:

- training and development opportunities for apprentices so they can develop skills and gain experience in construction industries
- training and development opportunities for Aboriginal people to increase their participation in construction projects
- compliance with all legislated requirements pertaining to the tender and the project work that may result from it

Placing some emphasis on creating opportunities for training and employing Aboriginal people to participate in major capital projects has significant potential to stimulate social and economic change. Finding ways to improve education, training and economic development for Aboriginal people is consistent with the goals of Manitoba's Northern Development Strategy (NDS).

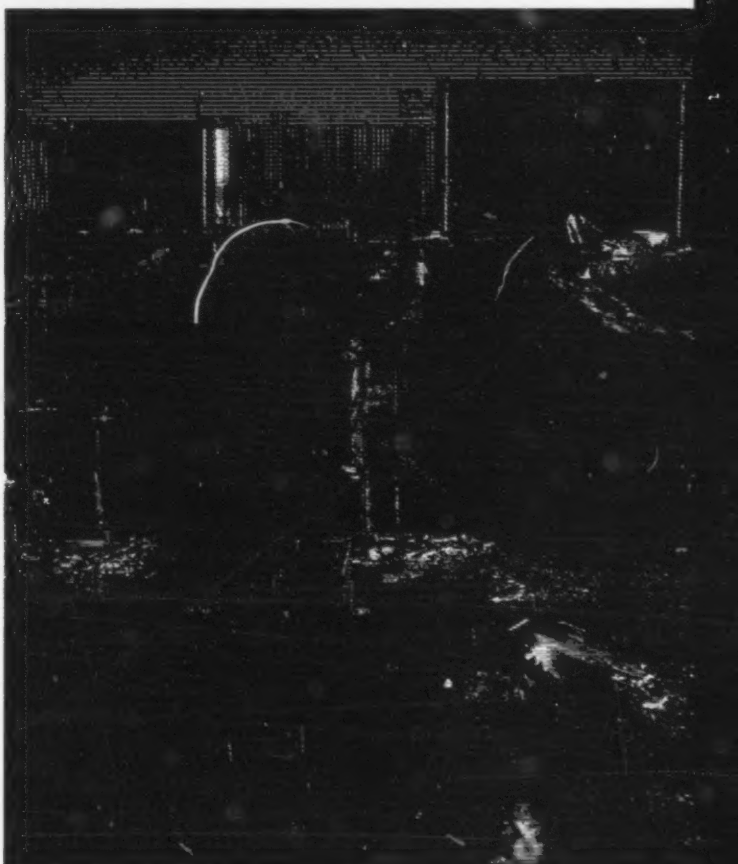
Government expressed the essential ideas behind the NDS more than a decade ago. Central to the initiative is realizing the potential of our northern and remote areas for the benefit of all Manitobans, especially people who live in the areas. The NDS pledged to work in five areas:

- education and training
- economic development and partnerships
- transportation
- health services
- partnerships to improve housing

The new capital project contracting policies harness momentum behind major funding for capital projects and hitch it to goals like partnerships with Aboriginal communities, skills training, jobs for local people and a strengthened economic climate for all Manitobans.

The new tendering requirements policies will help ensure the highest legislative and safety standards, as contractors will have to be Certificate of Recognition/Small Employer Certificate of Recognition (COR/SECOR) (or equivalent) certified and declare they will follow provincial laws through a bidders certification form including the:

- Workplace Health and Safety Act
- Employment Standards Code
- Construction Industry Wages Act
- Apprenticeship and Certification Act



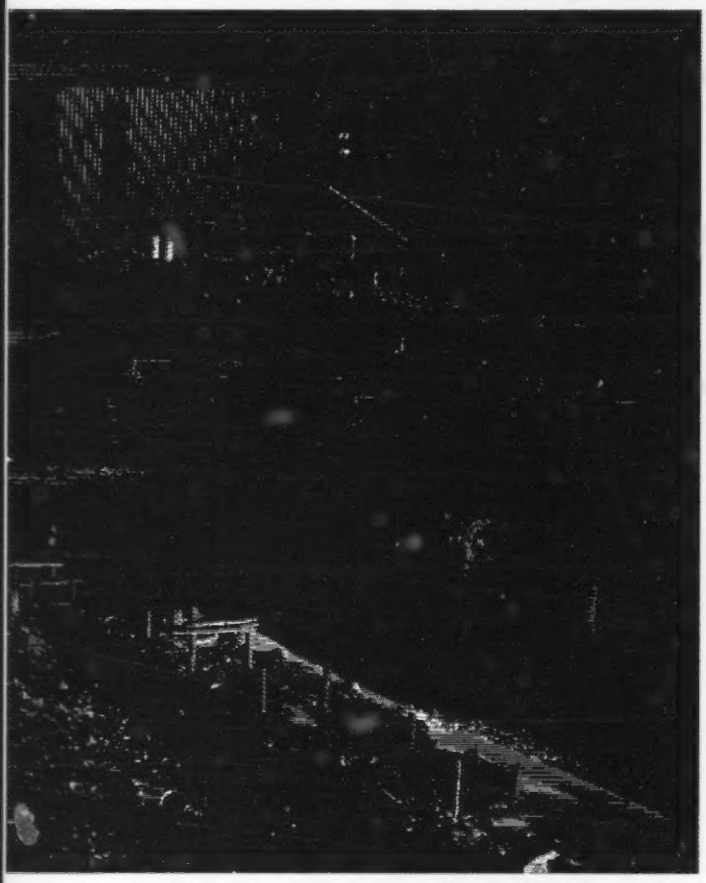
Major capital projects like the new University College of the North (U apply new capital project tendering requirements. The UCN campus regular classroom training to enhance the skills of project workers.

ow at Work for Manitobans

: Aboriginal and northern economies

How the policies affect Manitobans

Construction activity is vital to keeping our economy stable and growing in Manitoba. Currently, our construction sector is facing labour and skill shortages through to 2019. With that in mind, it just makes good sense to pursue training and development opportunities that will help more local people develop skills and find work.



:N) campus facilities in Thompson are good opportunities to roject did double duty by creating construction jobs and providing

Jobs and training are particularly important to Aboriginal people. The new policies provide opportunities for on the job and classroom training. The aim is to increase the participation of Aboriginal people in the labour market, reducing the numbers who are unemployed and underemployed by matching them with opportunities where capital project contractors may be having difficulty filling positions because of labour shortages.

Pilot projects

A provincial capital projects team has worked with contractors on pilot projects to secure employment and training for Aboriginal people. During 2011, work on the University College of the North (UCN) Thompson Campus, Milner Ridge Correctional Facility, Berens River Dialysis Unit and Hodgson Dialysis Unit provided opportunities for Aboriginal people as labourers, apprentices, journeypersons and supervisors. At the UCN site, regular classroom training enhanced training on the job. Some pilot sites are multi-year projects and will continue in the coming year. New projects at the Moose Lake Health Centre and Selkirk Hospital will provide even more opportunities.

Early results are encouraging. Training initiatives ranging from essential skills building to technical and on the job training activities are currently beginning or underway in both northern and southern areas of the province.

Establishing links with community stakeholders and Aboriginal groups is ongoing. Efforts will also continue to identify potential workers in local areas and help them qualify for referral to capital project contractors.

For more information on capital project tendering policies, contact the capital projects team:

Phone: 204-945-0575 or toll free 1-866-332-5077

Website: www.manitoba.ca/tce/capitalprojects

Email: CapitalProjects@gov.mb.ca

Expanding Horizons

Career Trek Now Serves The Pas

Think back to when you were 10 years old.

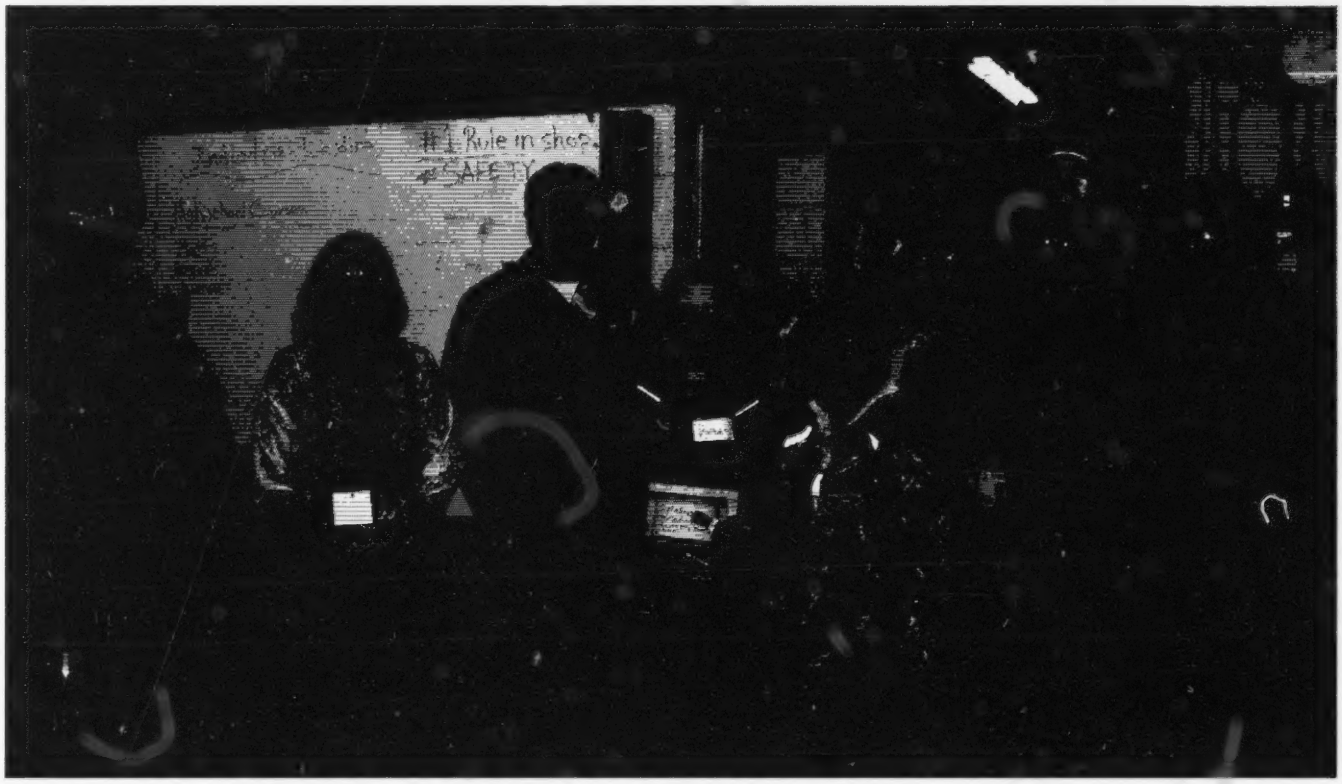
It's probably a safe bet that by that time, you were already dreaming, at least once in a while, about what you might like to do or who you might like to be, when you grew up.

What you may not have had was a way to compare your dreams with reality.

It's all too common that young people don't spend much time thinking about the future until it is right in front of them, staring them down. By that time, it is often already getting too late, and opportunities have begun to slip away or become harder to achieve. Thinking about the future becomes worry. It's a situation that an organization called Career Trek can help young people avoid. They've been doing it since 1996.

Approximately 120 students from The Pas and surrounding communities will soon have a chance to get face to face with their career passions.

Career Trek has rolled into The Pas after a successful pilot project in April of last year. They are now operational and serving The Pas, Snow Lake, Flin Flon, Cormorant, Moose Lake, Opaskwayak Cree Nation and Cranberry Portage.



Students explore the art of welding at the University College of the North (The Pas Campus) on Career Trek's first day of its NOR-MAN Region project. From left to right are: Kevin Mercredi, NOR-MAN Region project manager Penny Helstrom, Art Chartrand, Parker Nicol, Briley Linklater, MLA Frank Whitehead, River Lathlin and Josh Sanderson.

AND NEARBY COMMUNITIES

Career Trek is a not-for-profit organization based in Winnipeg, which gives students across the city and the province opportunities to experience as many as 80 occupations. They work with post-secondary institutions to provide this hands-on programming, to let students decide what they like and don't like.

Career Trek was the creation of founder and CEO, Darrell Cole, who wanted to provide a way to help kids stay in school. Since that time, Career Trek has seen more than 3,500 youth in the province in its program, many of whom are coming back to volunteer or work for the organization.

This latest expansion means that more youth in the province will have a chance to make an informed decision on their future based on the knowledge gained from the program. In the entire curriculum, students are educated on what high school courses they need to take to pursue a career field, and which post-secondary institution they could potentially attend.

"We're so excited to be expanding into The Pas," said Patricia Hamilton, Executive Director. "The more students that enter our program, the more hope and career development we create. We want to show all students their educational potential. We know that to achieve this, we must do it one student, one partner and one community at a time."

The 120 students selected in this round are being given opportunities to experience eight career fields at the University College of the North (UCN), The Pas Campus, on two Saturdays. The program kicked off on Saturday, February 4, bringing much joy and excitement from the students.

"University College of the North recognizes the great value in the Career Trek pilot project delivered last year and we are proud to be a part of it," said UCN's Interim President and Vice Chancellor, Konrad Jonasson. "With the large growth in this year's initiative it provides a clear indication of the need and interest of our young learners to gain that much-needed, hands-on experience that will, one day, lead these youths to enroll in a post secondary institution."

Are you wondering how a student can get involved?

All of the participants are in Grade 5 or Grade 6 and were nominated by their teachers.

"We have an extensive selection process because we want the kids who will most greatly benefit to be in the program," said Cole.

What's great for the students and families selected is that the program is offered at virtually no cost. For a nominal fee of $5, the students are also provided free transportation to and from their communities to the program.

"The students were so excited on their first day," said Penny Helstrom, NOR-MAN region project manager, noting the transformation in some of the students. "Some came in very shy and, by the end of the day, their confidence had soared and they were busy chatting with their new friends from all over the region."

The students will have a chance to explore the following career fields:

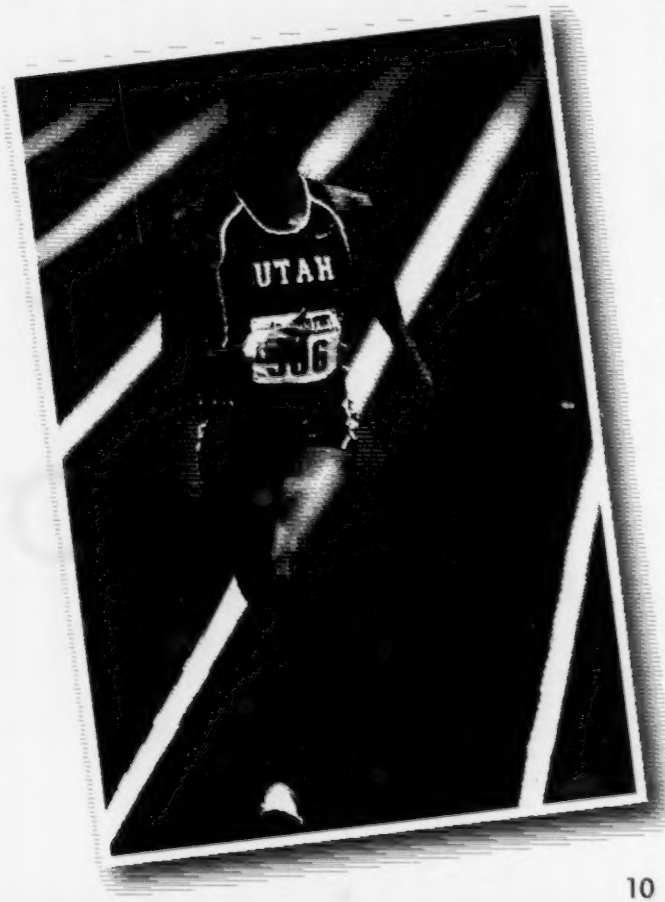
- education
- business administration
- sociology
- biology
- natural resources technician
- carpentry
- early childhood education
- welding

For more information about Career Trek, please visit www.careertrek.ca.

Worthy CAAWS Keeping Girls and Young Women Active and Fit

The Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) is a national non-profit organization dedicated to creating an equitable sport and physical activity system, in which girls and women are actively engaged as participants and leaders. CAAWS provides services, programs and resources to clients including sport and physical activity organizations, teachers, coaches, health professionals and recreation leaders. Since 1981, CAAWS has worked in close co-operation with government and non-government organizations on activities and initiatives that promote positive change for girls and women through participation in sport and physical activity.

CAAWS has collaborated with Aboriginal communities to support the participation and leadership of girls and women since 2004. CAAWS' *Team Spirit: Aboriginal On the Move* project builds on CAAWS' national *On the Move* initiative to increase opportunities for girls and women aged eight to 19 to participate in sport and physical activity. *On the Move* promotes fun, female-only sport and physical activity programs where participants can make friends, try new activities, build self-confidence and develop skills. Providing girls and young women with positive sport and physical activity programs is important. According to recent research, only four per cent of girls meet Canadian Physical Activity Guidelines that recommend children and youth get at least 60 minutes of moderate to vigorous physical activity each day. It means most girls and young women are missing out on benefits like decreased risk of type 2 diabetes and other chronic diseases.



One Manitoba community that participates in the project is Cormorant. CAAWS funding has supported an active healthy living program called Cormorant Can! running in the community for the past four years. Cormorant is a small rural community of less than 400 people located an hour from the nearest grocery store, recreation facility and gas station.

"Promoting positivity through physical activity and healthy choices has been an amazing experience for the girls and young women of Cormorant," said Jacqueline Monteith, who directs the community's program. "Thanks to CAAWS, girls are trying new sports in a safe and fun environment. The program is improving every year. This year we were even able to obtain Zumba fitness certification for myself and three young women."

Three tips from Cormorant to support successful programs in other communities:

1. Play and have fun with the participants — be an active role model.
2. Incorporate lots of social time and set behaviour expectations so all participants feel safe and welcomed.
3. Talk to the people and organizations in your community to gain equipment use expertise that you may not know exists!

For more information about CAAWS and On the Move visit www.caaws.ca.

A superb role model for young women, Alyssa Johnson grew up in Winnipeg and attended Sisler High School. She won a gold medal in the women's 400-metre run at the 2007 Western Canada Summer Games. In 2008, she received the Tom Longboat Award from the Manitoba Aboriginal Sport and Recreation Council and was also named Canada's National Aboriginal Athlete of the Year. She now attends the University of Utah on a scholarship, where she continues to add to her growing list of achievements.

Thompson Zoo Offers Healthy Surprises

Visit the Thompson Zoo and you'll be pleasantly surprised to discover much more than the usual animal exhibits. You'll learn that the zoo has a variety of exciting projects including community gardening, small scale greenhouse management, composting, public workshops and an outreach garden program that extends to several partner agencies in the community.

Over the last few years, the Thompson Zoo has concentrated on developing a new strategy for their facility. It's a strategy that acknowledges the original nineteenth century zoos of Europe that were known as zoological gardens. One of the zoo's strategic goals is to promote local food self-sufficiency and nutrition education. Since 2006, the Province of Manitoba's Northern Healthy Foods Initiative has worked with the Thompson Zoo to make some of these projects possible. This collaboration and shared commitment to providing healthy local food self-sufficiency for families across northern Manitoba is the inspiration for these innovative projects.

The Thompson Zoo features 21 raised garden beds, two cold-frame greenhouses, a solar dehydrator, edible landscaping, container gardening and a composting demonstration area. The community garden area is visited by zoo tourists and is used as a demonstration model. Participants in the community gardening program can use the garden space and the composting facility. They can also get advice from and share techniques with knowledgeable staff and volunteers. Other northern communities are encouraged to copy the program and citizens are invited to adapt it for their back yards.

Zoo outreach efforts have successfully interested Thompson schools and a variety of local agencies in promoting gardening and composting. The school gardening program is designed as a teaching tool to illustrate aspects of food security, healthy eating, growing in the north and studying botany. Zoo staff and volunteers help teachers demonstrate gardening and composting in their classrooms.

The zoo also offers garden space in the Community Garden Program as an alternative location for transplanting seedlings started by students. To ensure a successful crop, the zoo's youth volunteers and seasonal staff help maintain the gardens by offering guidance to people using the garden space.

Students returning to school in fall are welcomed back to harvest their vegetables. Any unused produce is donated to a local food bank and to community kitchens. The program is in place in the Mystery Lake School Division, the Thompson Boys and Girls Club and the YWCA. The zoo expects that involving youth will help them learn and share gardening and composting skills, and enjoy a healthier lifestyle.

Thompson Zoo is making plans for more projects, too. One of the newest projects is to develop the Boreal Discovery Centre. This project will see the entire zoo facility transformed to include all kinds of interactive exhibits, green technologies and gardens.

In Thompson, big steps are creating a wonderful place for visitors.

Thompson resident Dorothy Sparkes enjoys viewing the gardens at the Thompson Zoo. Since 2006, the zoo has made it a strategic goal to help the Northern Healthy Foods Initiative demonstrate and promote healthy local food self-sufficiency and nutrition education for families in northern Manitoba.

Municipal Calendar Monthly Reminder for Winter 2012

March 2012

1 Deadline for receipt of any property tax payments to dept. to avoid penalties.

11 Daylight savings time begins (clocks forward 1 hr). Ensure batteries in smoke/fire detectors in good working order.

15 Deadline for receipt of payment to Receiver General to avoid penalty.

15 Submit detailed estimates for proposed work on previously approved grant-in-aid streets to MIT.

16 Submit bill-backs to the dept. for the fiscal year.

29 Public Sector Accounting Board (PSAB) – Complete inventory count requirement for year-end financial statement (ex: fuel, gravel).

31 Submit EMO plan, any assessment roll revisions to dept. – ongoing, year-end recreation report.

31 Deadline to request technical assistance for capital project applications.

Community:

- Submit bi-weekly water samples and monthly sewer sample.
- Review employee job descriptions.
- Pass new fiscal year resolutions (recurring bills, rentals, water, garbage, etc.).
- Ratify fire chief agreement and approve fire department member list.
- Award tenders posted in February.
- Submit Municipal Employees Benefit Plan (MEBP) form and payment no later than seven working days after the last pay period.
- If applicable, submit bi-weekly payrolls for Building Independence Program to regional office.

WSH Reminders:

- Council to ensure fire extinguishers and first aid kits inspected.
- Council to act on items highlighted as corrective action from inspections.
- Unplanned inspection to be conducted by the dept. in community prior to month end.

April 2012

1 Deadline for receipt of any property tax payments to dept. to avoid penalties.

2 Submit quarterly GST refund.

5 **Management Maintenance System (MMS)** - Service mowers and trimmers.

6 **GOOD FRIDAY**

9 **EASTER MONDAY**

15 Deadline for receipt of payment to Receiver General to avoid penalty.

16 Start to prepare files and schedules for financial audit, usually due by June to the audit firm.

30 Submit fourth-quarter financial statements (Jan. to Mar.) and quarterly payroll report MEBP.

Event:

April 24-25: Capturing Opportunities - Brandon (Keystone Centre). Theme: Local Living Economy.

Community:

- All communities must submit the March 31, 2012 year-end financial statement by month end.
- Submit bi-weekly water samples and monthly sewer sample.
- Finalize capital project applications for Capital Approval Board. Deadline is first Monday in May.
- Submit MEBP form and payment no later than seven working days after the last pay period.
- If applicable, submit bi-weekly payrolls for Building Independence Program to regional office.

WSH Reminders:

- Council to ensure fire extinguishers and first aid kits inspected.
- Council to act on items highlighted as corrective action from inspections.
- Council to conduct annual fire drills, ensure maintenance of fire extinguishers and ensure smoke detectors are in working order.

May 2012

1 Deadline for receipt of any property tax payments to dept. to avoid penalties.

2 **MMS** – Crawl space vents opened.

3 **MMS** – Heat traces and recirculating pumps turned off.

7 Deadline for capital project applications.

7 MIT to reply regarding requests made March 15 for grant-in-aid.

8 **MMS** – Isolate lagoon cells.

15 Deadline for receipt of payment to Receiver General to avoid penalty.

21 **VICTORIA DAY**

22 **MMS** – Lagoon samples sent out after two-week isolation.

Events:

May 8-10: Workplace Safety & Health Training (*Calibration of Q-rae's) – Winnipeg.

May 15-17: Vision Quest Conference - Winnipeg Convention Centre.

Community:

- Submit bi-weekly water samples and monthly sewer sample.
- Submit MEBP form and payment no later than seven working days after the last pay period.
- If applicable, submit bi-weekly payrolls for the Building Independence Program to regional office.

WSH Reminders:

- Council to ensure fire extinguishers and first aid kits inspected.
- Council to act on items highlighted as corrective action from inspections.
- Are your employee training records up to date?

Departmental:

- Review of capital project applications for missing information.
- Regional office will complete MCA review by month end.

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Community council members, community residents and department staff are encouraged to submit comments, questions, suggestions, article ideas and photographs to the editor.